

**Q1 :READING**

(7 marks)

Read the texts then, answer the following questions:

**Text A**

Many primary schools in Jordan have Healthy Food Day for children of all ages. First, teachers send electronic invitations to parents. Then, parents think of healthy foods and teachers decide what food students should bring. These usually include local fruits, vegetables or other healthy snacks, which are all easy to get in Jordan. On Healthy Food Day, students get to be chefs. They can even wear chef hats while preparing and then enjoying their healthy lunches. But it's not just about eating. Teachers also give lessons during the day on different types of healthy food, explaining how these foods help us to grow strong and stay healthy. The day also focuses on teamwork, with students working together, sharing meals and helping each other to prepare their lunches.

**Answer:**

1. What event do many primary schools in Jordan celebrate?-----
2. What type of food do students bring to Healthy Food Day? -----
3. What do students get to do on Healthy Food Day?-----
4. How does Healthy Food Day promote teamwork among students?  
-----
5. Find out : Noun-----Verb----- Adj.-----Pro.-----

**Text B**

**HOW TO STAY HEALTHY!**

➤ **Sleep tight!**

Make sure you get plenty of sleep each night! You should sleep for 9-10 hours each night. Make your bedroom a calm, quiet place and don't keep a phone or tablet by your bed.

➤ **Drink water!**

We all need water, and drinking water in the day helps your body to work properly. Water also helps you get better when you are ill. So, if you've got a headache or a cough, you should drink some water!

**Answer:**

- 1- How many hours of sleep should you get each night to stay healthy?  
-----

- 2- What can you do to make your bedroom a better place for sleeping?  
-----



**إعداد : أ. نداء حميد**

المعلمة نداء حميد 0777645520

3- Why is drinking water important for your health?-----

4- What should you do if you have a headache or a cough?  
-----

5- Find out : Noun ----- verb ----- Adjective-----Pro.-----

Circle ✓ or ✗

- Keeping a phone or tablet by your bed helps you sleep better. ✓ ✗
- Children should sleep for 5-6 hours each night to stay healthy. ✓ ✗
- Water also helps you get better when you are ill. ✓ ✗

**Q2: VOCABULARY**

(2.5 marks)

Write the correct word in the gap:

exercise rash dizzy stomachache fit

- a) My skin is getting red. I've got a-----
- b) I must sit down or I will fall! I fell-----
- c) We do -----every morning to keep our bodies strong.
- d) To stay-----, you should eat healthy food and sleep well.
- e) After eating too much candy, she got a-----.

**Q3: GRAMMAR:**

(4 marks)

**A. Read and choose**

- 1. You **should** / **shouldn't** eat fresh fruits and vegetables every day.
- 2. You **should** / **shouldn't** eat too much junk food.
- 3. You **should** / **shouldn't** wash your hands before eating.

**B. Reorder**

To - you - stay - should- water - healthy -drink -a lot - of.  
-----



طلابي الرائعين .....  
لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد

**إعداد : أ. نداء حميد**

المعلمة نداء حميد 0777645520

منه اعداد : أ. نداء حميد منقول : مع تحيات منتديات صقر الجنوب التعليمية



**C. Correct the verbs between brackets:**

1. He's eating more fruits -----(have) a healthy diet.
2. I think I'll go to the market -----(buy) some fish.

**Q4: Match the sentences halves:**

(2 marks)

A	B
A. Have you got a headache?	1. No, but you should rest.
B. What's matter with you?	2. Yes, I have
C. Should I take any medicine?	3. You should stay at home.
D. You shouldn't go to school today.	4. I feel sick

A ( ) B ( ) C ( ) D ( )

**Q5: Choose the correct answer:**

(2 marks)

1. a pain in the ear is a-----:  
A. earache  
B. cold  
C. cough
2. Food that is quick and easy to make; is bad for your health----.  
A. runny nose  
B. junk food  
C. irresponsible
- 3 The negative of the word fit is:  
A. unfit  
B. disfit  
C. irrfit



طلابي الرائعين ....  
لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد

**إعداد : أ. نداء حميد**

المعلمة نداء حميد 0777645520

من إعداد : أ. نداء حميد منقول من: مع تحيات منتديات صقر الجنوب التعليمية

4. The opposite of the word responsible is:

- A. irresponsible
- B. irresponsible
- C. disresponsible

Q6: Writing : Write about how you stay fit and healthy

(2.5 marks)

Read and answer. Make notes

1. What exercise do you do?
2. What food do you eat?
3. What do you do to relax?

I like \_\_\_\_\_

I do \_\_\_\_\_

I eat \_\_\_\_\_

I \_\_\_\_\_ to relax.

By \_\_\_\_\_

Best Wishes  
T. Neda Hmaid

طلابي الرائعين ....

لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد



إعداد : أ. نداء حميد



المعلمة نداء حميد



0777645520

منه اعداد : أ. نداء حميد منقول : مع تحيات منتديات صقر الجنوب التعليمية

Answer:

**Q1 :READING**

(7 marks)

Read the texts then, answer the following questions:

Text A

1. Many primary schools in Jordan celebrate Healthy Food Day.
2. students bring healthy foods like local fruits, vegetables, or other healthy snacks, which are easy to find in Jordan.
3. Students become chefs, preparing and enjoying their healthy lunches, often while wearing chef hats.
4. The day promotes teamwork by having students work together, share meals, and help each other.
5. Jordan - decide - healthy - they

Text B

1. You should sleep for 9-10 hours each night.
2. Make your bedroom calm and quiet, and avoid keeping a phone or tablet by your bed.
3. Because it helps your body work properly and can aid recovery when you're feeling unwell, such as during a headache or cough.
4. You should drink some water to help your body feel better.
5. tablet - Make - calm - you

Circle ✓ or ✕

- ✕  
➤ ✕  
➤ ✓

طلّابي الرائعين ....  
لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد



**إعداد : أ. نداء حميد**

المعلمة نداء حميد 0777645520

منه اعداد : أ. نداء حميد منقول : مع تحيات منتديات صقر الجنوب التعليمية



**Q2: VOCABULARY**

(2.5 marks)

Write the correct word in the gap:

- a) rash    b) dizzy    c) exercise    d) fit    e) stomachache

**Q3: GRAMMAR:**

(4 marks)

A. Read and choose

1. should
2. shouldn't
3. should

B. Reorder

1. To stay healthy, you should drink a lot of water.

C. Correct the verbs between brackets:

1. to have
2. to buy

**Q4: Match the sentences halves:**

(2 marks)

A ( 2 )    B ( 4 )    C ( 1 )    D ( 3 )

**Q5: Choose the correct answer:**

(2 marks)

1. A    2. B    3. A    4. C

طلابي الرائعين ....  
لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد



**إعداد : أ. نداء حميد**

المعلمة نداء حميد 0777645520

من إعداد : أ. نداء حميد منقول : مع تحياتي منتديات صقر الجنوب التعليمية

Q6: Writing : Write about how you stay fit and healthy

(2.5 marks)

1. I enjoy jogging and practicing tennis
2. I prefer a diet rich in vegetables, fruits, and lean proteins.
3. I read books and go to the park.

Staying fit and healthy

I like jogging in the morning and practicing tennis in the evening

I do tennis to stay fit and healthy.

I eat eat a lot of vegetables fruits (such as chicken and fish) to keep my diet balanced.

I like to read books and go to the park to relax.

By Your name : اسمك

Teacher  
Neda Hmaid

Best Wishes  
T. Neda Hmaid

طلابي الرائعين ....  
لا تنسى أن الشرح المميز متوفر على صفحة المعلمة نداء حميد



إعداد : أ. نداء حميد

المعلمة نداء حميد 0777645520

منه اعداد : أ. نداء حميد منقول : مع تحياتي منتديات صقر الجنوب التعليمية